

## Astrology of January 2026

### Overview of January 2026



The New Year begins with Jupiter, Uranus and Chiron retrograde but Chiron is stationary and goes direct on 2<sup>nd</sup> and Uranus will be slowing by the end of the month. The biggest change of the month is on 26<sup>th</sup> when Neptune re-enters Aries and by then we will have the Sun, Mercury Venus and Mars all in Aquarius with each of these sign changes meaning that they pass over Pluto. The Sun has been sandwiched in between Mars and Venus since the end of October and from 6<sup>th</sup> to 14<sup>th</sup> there is a grand and significant re-ordering which ends a period of re-balancing of masculine and feminine, yin and yang as Venus, the peace-keeper takes the lead away from the warrior, Mars. During these days, as well as passing over each other this trio in turn, oppose Jupiter, making this a fast-moving and very changeable time.

The outer planets are still in order with Mercury between Uranus and Neptune on 1<sup>st</sup> so the faster moving planets activate the outer planets in turn as they cycle through the signs. The big connection of the month is between Saturn and retrograde Uranus who, after months of cosmic dancing around each other, finally tango on 20<sup>th</sup> so this is brewing in the background, being less than 2° on 1<sup>st</sup> and reaching less than 1° on 10<sup>th</sup> at the waning half Moon. 20<sup>th</sup> is a day to be aware of as most of the

planets are active and it is full of potential from the combination of interactions, not just from the Saturn/Uranus connection.

I don't usually mention the half-Moons in this overview but both have more significance than usual this month. As well as Saturn and Uranus coming to within 1°, the Waning half Moon has Jupiter's annual opposition to the Sun a few hours before and occurs midst the grand reshuffling and series of activations mentioned above. The waxing half Moon on 26<sup>th</sup> occurs a few hours before Neptune re-enters Aries and therefore Neptune is right at the end of Pisces and of the zodiac, a very potent point.

The Full Moon on 3<sup>rd</sup> has Chiron just direct and is calling on us to look at what we don't want to take forwards with us and encouraging us to do one final clearing of old energies over the following two weeks.

The New Moon in Capricorn is on 18<sup>th</sup> with the Sun making its last connection to Neptune the next day before Neptune re-enters Aries. As already mentioned, 20<sup>th</sup> is probably the most potent and potential-filled day of the month, adding to the potential of this New Moon.

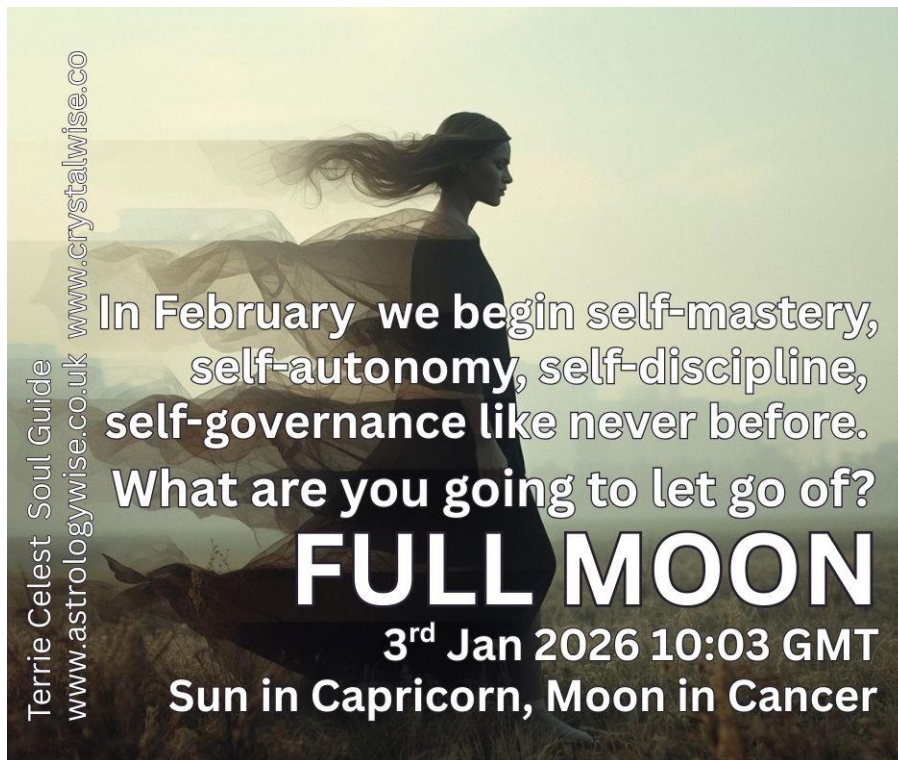
### Daily astrology of January 2026

As we begin January and the New Year there is background, mounting tension from Chiron being stationary, preparing to go direct on 2<sup>nd</sup> and also from the building Full Moon on 3<sup>rd</sup>. I have been mentioning how we have had Venus and Mars either side of the Sun and these are currently all in Capricorn and will finally have a series of connections from 6<sup>th</sup> to 14<sup>th</sup> as they not only pass over each other and change their order but also all oppose Jupiter. So this trio are now very close, meaning that as one interacts with another planet, the other two will follow suit soon after, creating a series of activations and we can see this on 1<sup>st</sup> and 2<sup>nd</sup> as first the Sun and then Venus make connections to the Nodes, following on from Mars which leads this trio and had the same connection on 30<sup>th</sup> December.

Whilst this seems like a lot, and it could be, these are actually very helpful connections and offer the opportunity to break cycles of karma. These are not necessarily presented to us through major challenges and could show up more simply as everyday occurrences, small windows of opportunity to do something differently, an area of our lives where we've had difficulties before and we can now approach without the triggers we reacted from before.

On 1<sup>st</sup> we also have Mercury squaring Neptune at 29° of their signs with Neptune right at the end of the zodiac and in itself, helping to break cycles of karma. This Mercury/Neptune connection rarely brings clarity and could bring some idealism to the fore which could cloud our judgement so we need to weigh up what is going on and have our truth detectors set to full power! Mercury's change of sign later on 1<sup>st</sup> takes it to join Venus, the Sun and Mars in Capricorn and will evaporate any illusory clouds with its no-nonsense, organised energies for the next five weeks. (This is a longer stay than usual due to its next retrograde which starts on 26<sup>th</sup> Feb). Following the other three, it will now be the fourth planet to make a series of connections and especially, opposing Jupiter. Mercury's change from Sagittarius to Capricorn significantly alters the elemental balance with just Chiron in a Fire sign until Neptune enters Aries.

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In February we begin self-mastery,  
self-autonomy, self-discipline,  
self-governance like never before.  
What are you going to let go of?

**FULL MOON**  
3<sup>rd</sup> Jan 2026 10:03 GMT  
Sun in Capricorn, Moon in Cancer

January's Full Moon is on 3<sup>rd</sup> at 10:03 GMT with the Sun in Capricorn and the Moon in Cancer. The only exact connection on the day is a niggly one between Mercury and Pluto a few hours after the Full Moon. Chiron subtly influences with its energies barely moving but positively, it went direct the day before and will be picking up its speed over the next few days, so brings hope of resolution of karma and the healing of wounds as it moves forwards.

We have also had brewing for some time, the Sun sitting in between Mars and Venus and this trio will cross each other with a grand reshuffling of their order whilst all opposing retrograde Jupiter between 6<sup>th</sup> and 11<sup>th</sup>. From 11<sup>th</sup> to 13<sup>th</sup> they take it in turns to square Chiron and with Mercury having joined them in Capricorn on 1<sup>st</sup>, it is following behind and repeating these connections so this whole period from the Full Moon up to the New Moon (18<sup>th</sup>) has a series of defining connections and activations. And let's not forget Neptune which is inching its way through 29° Pisces and helping us to step off of the karmic wheel and the growing connection between Saturn and Uranus which becomes exact on 20<sup>th</sup>.

So this feels very much like it is not so much about what peaks on the day, as it is about the crescendo beforehand and the shuffling around of planets as the Moon wanes, all part of final releasing, bringing matters to a close and cycles to an end. Neptune and Saturn both dipped into Aries last year before retrograding back into Pisces and they are both currently moving forwards again over the last degrees of Pisces. Neptune will re-enter Aries on 26<sup>th</sup> followed by Saturn on 14<sup>th</sup> February and these are the major changes to be aware of in 2026, igniting a brand new cycle of personal growth.

The Capricorn/Cancer axis of this Full Moon adds emphasis to ancestral patterns, customs, traditions, family matters and patterns and what we learnt consciously or unconsciously as a child, was the preferred way to be. In February the seeds we have sown for the future will start to pop through the soil and we begin self-mastery, self-autonomy, self-discipline, self-governance like never before. Everything has to resonate with us, anything on a different frequency or out of tune, will be so uncomfortable that we will need to make change.

So it begs the question now, what do you not want to take forwards with you?

What parts of you are not in alignment with the highest version of yourself that you want to step into?

What old patterns do you want to end?

What are you going to let go of?

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6<sup>th</sup> Jan onwards has simple and yet complex astrology and echoes similar energies that I started noticing last year, where there are a series of transits one day after another which at first glance, due to being from the quicker moving planets, seem relatively normal and transitory, but when seen from a broader perspective and tuned into more deeply, are clearly a series of activations and part of a grand reshuffling and updating and feel as if they repositioning before the next big change.

And seeing and sensing this bigger picture and knowing how they are all steps on the path, they are a little difficult to interpret daily and whilst we can look at each day individually, there will undoubtedly be an evolvment of themes and an accumulation of energies as each adds to the previous.

Since the end of October we have had Venus and Mars, the feminine and masculine archetypes of the chart, either side of the Sun and they have stayed in this formation since then and been in the same sign since the end of November as they moved through Sagittarius with the gaps between them gradually narrowing. Finally, they meet, Venus and the Sun pass over Mars and very significantly, Jupiter is opposing them all as they do this, retrograde in Cancer with the Capricorn/Cancer axis replicating the influence of the Full Moon. So there is undoubtedly also a continued element of letting go of the old, of releasing, which is accentuated with these activations occurring between the Full and New Moon. Additionally, Neptune is at the end of Pisces, the end of the zodiac, encouraging us to step off of the karmic wheel and end lifetimes of old karmic patterns that do not belong in the new energies that will be establishing themselves from mid-February onwards. I'll list below what occurs on each day and to save this becoming a tome, will then give a flavour of the overriding energies, an overview of what we can expect and I will give more daily interpretations when I post on social media.

Firstly on 6<sup>th</sup> Jan, Venus which was at the rear, catches up with the Sun and passes over it and on 7<sup>th</sup> they are all at 17°, now with the Sun behind, then Venus, with Mars still leading. On 8<sup>th</sup>, they all move on to 18° Capricorn and Venus catches up with and passes over Mars, taking the lead in the chart whilst Mercury which is at 10° makes a helpful connection to the Nodes.

On 9<sup>th</sup>, the Sun catches up with and passes over Mars at 19° whilst Venus who has 'taken the lead', is the first to oppose Jupiter. 10<sup>th</sup> firstly brings the Sun's annual opposition to Jupiter which together form a challenging pattern with Chiron before we have the waning half Moon in peace-loving and diplomatic Libra, the mid-way point between the Full Moon and the upcoming New Moon on 18<sup>th</sup>.

On 11<sup>th</sup> Venus squares with Chiron whilst Mars now moves on to oppose Jupiter and these combine to make a challenging T-square. The Sun then squares Chiron on 12<sup>th</sup> and Mars squares Chiron on 13<sup>th</sup> before Mercury opposes Jupiter at 19°.

So how do we interpret all this? A very good question and as I said, individually, this is tricky as the energies constantly evolve so we have to look at the energies and themes of the components and try to get an overview of their combined purpose.

Venus and Mars are the feminine and masculine archetypes of the chart and are associated with peace and war whilst their Saturnian ruled sign of Capricorn is connected to structure, duty and responsibilities, limitation and authority. Chiron and the Nodes bring in karmic patterns and themes and Jupiter magnifies, makes things more visible and can be boundaryless. It is in Cancer, a sign that can take things personally, hold onto past hurts and is associated with mothering and family.

Taking an overview here, I feel that this series very much ties in with the overall themes we currently have of releasing the old and preparing for new energies from mid-February, when we start a new cycle of personal growth. When Saturn and Pisces establish themselves in Aries, many of their themes will begin with self-; self-mastery, self-discipline and self-governance or self-authority and these activations will highlight to us, where we give our energy and power away to outside authorities. We have to release old family, ancestral, societal and religious patterns that keep us restricted by what others think is right for us and how others think we should behave. As children we are programmed to behave in certain ways, to tow the line, to not step out of societal norms in order to keep us safe, avoid shame, rejection or being outcast. Within the family there can be subtle as well as direct influences to fit in, get approval, love or acceptance. These can be very old patterns and deeply, if not unconsciously ingrained. Spotting these, their limitations on our authenticity and the hold they have on us is the first step to autonomy and self-mastery.

As I type I see simultaneous energies in the collective of war whilst there is a growing cry and actions to promote peace such as Walk for Peace with the fabulous dog Aloka with a heart-shape on his forehead. I have seen encouraging articles on how trail hunting is being banned, cities are banning fireworks or ensuring they are silent, neighbourhoods are coming together to quietly and with care, to protect and support each other through challenges. I see communities coming together and saying 'No', quietly, peacefully, respectfully and empathetically following a path that has no room for fear, division, hatred, prejudice, separation or indifference. As I said a while ago, there are two timelines that are running parallel and we do have a choice as to which one we want to move forwards on.

A key word that is connected to Saturn, Capricorn's ruler, is fear and this is probably the biggest karmic theme that there is, and therefore holds the biggest potential for change and growth. It underlies and fuels so many other things. Venus also represents finances and values and as well as the challenging ones, we will have had many positive values instilled in us which still resonate and feel authentic to us. Respect, patience, tolerance, kindness and empathy are universal values that can only make this world a better place. If we all just improved these within ourselves by 1%, think of the accumulative effect that would have.

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After the multiple activations of the Sun, Venus and Mars from 6<sup>th</sup> to 13<sup>th</sup> as they changed order, opposed Jupiter and squared Chiron, they move on to some favourable connections with Saturn and retrograde Uranus who are edging towards an exact connection on 20<sup>th</sup>. Mercury is also following in the footsteps of the trio and catching them up, bringing a further evolvement of themes that arose from those earlier activations.

On 15<sup>th</sup> Venus has a connection with Saturn that has potential if we tap into it and moves on to a lovely flowing connection with Uranus which helps us to change unhealthy, ingrained habits, to release idealism and fear that we are not safe. Venus could help us to identify our values and we could get some insights into why we hold on to things or people, materialism or why we fear change. Take note of these, as the Sun repeats these connections on 17<sup>th</sup>. Peaking early on 16<sup>th</sup> Mercury has a testing square with Chiron that we will feel building in the background and this follows on from the same connection to Chiron that has already been made by Venus on 11<sup>th</sup>, the Sun on 12<sup>th</sup> and Mars on 13<sup>th</sup> so will

undoubtedly evolve what those represented or showed us. With Mercury being the planet of the mind and communication, we will probably be mulling things over and caught in our thoughts which is where we can spot fear and limitation ripe for release.

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17<sup>th</sup> brings us the dark of the Moon before the New Moon and Venus reaches the end of Capricorn where it connects with Neptune at the end of Pisces and the zodiac. The Sun makes a potentially helpful connection with Saturn, Venus then enters Aquarius before the Sun makes a very helpful and flowing connection to retrograde Uranus. Before the New Moon, Mercury crosses over Mars so these two will be sat just behind the Sun and Moon at the New Moon. The Sun's two connections (to Saturn and Uranus) repeat Venus's connections on 15<sup>th</sup>. Again, the themes will include releasing old fears and embracing change and a more authentic and sovereign expression. Venus could have helped us to identify our values, what is really important to us and those that were ingrained or instilled in us ancestrally, by society, custom or necessity at the time but are no longer in alignment with us. It could have helped us to see where we had held onto limitation or lack which can become deeply ingrained.

The Sun will now enable us to take action, to make positive changes, to embrace new more healthy and positive habits, to embrace inner authority and to release self-imposed limitations.

Venus's connection with Neptune could take us on nostalgic trips down memory lane and old wishes, dreams and unobtainable longings might surface before we realise how idealistic we were and replace that with the wisdom and learning from our experiences to empower us going forwards. As Venus moves into Aquarius we will gain a much less emotional and more rational overview.

If you do find the dark of the Moon challenging, remember that it is just one day or one night and serves a very helpful purpose of showing us our shadow emotions, what is lurking in the shadows that we need to face. With Neptune in Pisces for just one more week, the biggest and darkest shadows, shame and guilt, are the ones to shine the most light on, as they lurk in our unconscious and dim our light.

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# NEW MOON

in Capricorn 18th Jan 2026 19:52 GMT

**We are simultaneously at the stage of being both the student & the graduate, being on the cusp of a new cycle of personal & collective growth whilst what has brought us to this point, & helps to shape our way forwards, is the sum total of our experiences to date & the accumulated wisdom that gives us.**

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Mercury passed over Mars earlier on 18<sup>th</sup>, in the dark of the Moon and both of these sit behind the Sun and Moon at the Capricorn New Moon at 19:57 GMT. Ahead of the Sun now, we have Venus after the grand reshuffle we have just had and it has left the others behind and moved into Aquarius, sitting just behind Pluto. Its annual pass over this planet of power and control significantly occurs an hour before the big connection of the month between Saturn and retrograde Uranus on 20<sup>th</sup>, when both the Sun and Mercury change signs and this will be a noteworthy day. Neptune has just one more week in Pisces and therefore is right at the end and in its last throes of its attempt to help us off the karmic wheel.

One of Capricorn's strengths is to plan, to set goals and work towards them, realising the value of sustained application and delayed gratification. A student has to study and work towards passing targets before a qualification can set them on a new path to better things. And you can't jump from day one to sitting your final exam, there are steps to take, information to learn, digest and integrate which accumulates into wisdom which can then be used. We are simultaneously at the stage of the student and the graduate, being on the cusp of a new cycle of personal and collective growth whilst what has brought us to this point and helps to shape our way forwards, is the sum total of our experiences to date and the accumulated wisdom that gives us.

This New Moon offers the opportunity to look forwards and to plan our next steps, to step into being of the highest service, to fulfil our Soul potential and to find our vocation. We stand at a crossroads where we can choose our path forwards, informed by our experience, our skills and fuelled by our passion to make a difference in whatever way is right for us. It needn't be grandiose nor on the big stage, some of the highest service is that done quietly, in the background, unseen and what might to others seem to be trivial or of 'lower' service but it is the intention that makes the difference between the two, when we treat every day, every situation as an opportunity to be mindful, to show up as the best version of ourselves and to do what we can for others, from an open heart.

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I have already mentioned that 20<sup>th</sup> is a significant day and 19<sup>th</sup> leads into that and helps to set the scenery as the Sun and Neptune connect at 29°, a potent point and this is the last time the Sun interacts with Neptune before it re-enters Aries on 26<sup>th</sup>. Mercury connects with Saturn and retrograde Uranus, repeating the same contacts made by Venus on 15<sup>th</sup> and the Sun on 17<sup>th</sup> and Mars finishing this sequence is part of the multitude of connections on 20<sup>th</sup>.

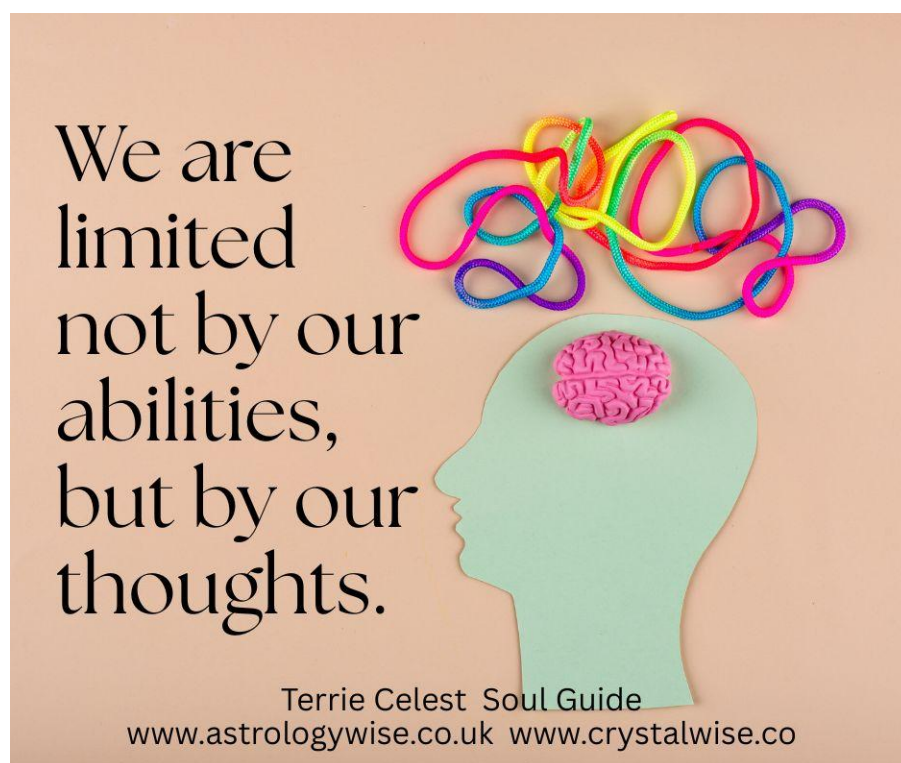
On 20<sup>th</sup> the Sun, Mercury, Venus, Mars, Saturn, Uranus, Neptune and Pluto are all involved. – it would have been quicker to say which planets are not doing something that day! If you are curious, it is only retrograde Jupiter, Chiron and the Nodes which is particularly interesting as that trio all currently represent some form of karma in the chart, so it would seem that other than Uranus being retrograde, we are having a day off from karmic clearing and looking more towards the future than the past.

First the Sun changes signs, leaving Capricorn and entering Aquarius then Venus meets and passes over Pluto at 3° Aquarius. We then have the big connection of the month and one that has been brewing for a long time, that between Saturn and retrograde Uranus who are then connected to favourably by Mars (see above), still in Capricorn. Finally, Mercury also in Capricorn connects with Neptune at 29° before it also enters Aquarius.

This is another day where it is almost impossible to give an interpretation due to so much going on. I will repeat that it does seem that this is helping us to look forwards rather than back and there is an added

rebalancing of power and I would say, an empowerment of the feminine, helping to break cycles of masculine dominance.

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On 21<sup>st</sup>, Mercury passes over the Sun as part of its natural cycle and it will stay ahead of the Sun with its next retrograde starting in February when it is in Pisces. Both entered Aquarius the day before so are meeting at 1°. Mercury will then pass over Pluto on 22<sup>nd</sup> and the Sun on 23<sup>rd</sup>. This time of year, with Mercury in Aquarius is one of my favourite energies as it can be so refreshing when it sparks us to think outside of the box and to break old cycles of thinking and conforming. This is more than a creative solution department, it brings ideas that have never even occurred to us or been anywhere near our radar, maybe ones that we didn't dare to dream we could do or were capable of.

So if you get stuck on something and don't know what to do, try turning your thinking around to, *What **could** I do? If I was to think of the most outrageous and out-there answer, what would that be?*

We are limited not by our abilities, but by our thoughts.

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Mars is the last of the personal planets in Capricorn and reaches the end on 23<sup>rd</sup> from where it makes a potentially helpful connection to Neptune,

at the end of Pisces, a potent point that has been encouraging final clearing of karma so look out for themes arising around masculine expression, anger, war, doing battle, impatience or rashness. Mars's Capricorn influence adds potential frustration at rules, regulations, authority or anything that we perceive to be limiting or restricting us. Duties or responsibilities might dominate and if we stay aware, we could spot old routes of escapism that we take when the going gets tough or we don't know what to do or how to get past an obstacle. To help to break old cycles, see if you can spot what is motivating you, what is fuelling any desire to do something, particularly if that is not a healthy response.

Mars then enters Aquarius before the Sun has its annual pass over Pluto, the planet of power and control. On a collective level, war is likely to be in the news but positively, we can look forwards and break old cycles whilst there could be revelations and truths revealed.

On a personal level, we should look at any power and control issues that arise for us and spot any unhealthy rebellion that we can channel into making positive change.

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Neptune first left Pisces and entered Aries last year, on 30<sup>th</sup>. It turned retrograde on 4<sup>th</sup> July at 2° and spent four months travelling back over

the first degrees of Aries then slipped back into Pisces on 22<sup>nd</sup> October where it has been since. Because this occurred well into its retrograde it only went as far as 29° 22" before turning direct on 10<sup>th</sup> December so it has been at that critical degree for the last three months. This has been a pivotal time and together with Saturn, which also dipped into Aries before retrograding back into Pisces, these two have played an important role in helping us to revisit unhealed karma and finer or deeper layers that we have already worked on. They are offering the opportunity to step off of the karmic wheel. What we release and clear now we can leave behind and not reincarnate with in the future! Phew!!

We are now in Neptune's last days in Pisces and therefore, at this critical degree and point right at the end of the zodiac, we could feel an escalation of its energies as it gives us one last push towards this, albeit Neptune is rarely, if ever, direct or clear! So instead, we might find heavy mists descending, uncertainty around the truth, deceit arising or nostalgia and idealism tugging us back into the past. The desire to escape could be very strong and is something to be aware of and to look more deeply into, if we spot it. What exactly are we wanting to escape? Why do we feel overwhelmed, helpless or hopeless? These are most likely very old energies of disempowerment, feeling that we can't make a difference, old beliefs that things are out of our control. This is where we can make huge breakthroughs.

The Waxing half Moon occurs a few hours before Neptune makes its big sign change with a stubborn Taurus Moon that needs to feel safe and secure and doesn't like change as it threatens that whilst Mercury makes niggles to the karmic Nodes so these will contribute to one last throw of the dice and the type of karma that arises. Do what you can to release what you can in these last moments.

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With the grand re-ordering of the planets earlier in the month, Mars now trails behind and is the last to pass over Pluto in Aquarius on 27<sup>th</sup> and this is likely to again trigger themes around doing battle, assertion, anger and impatience coupled with Pluto's power and control themes. The good news is, when one planet crosses over another, they are at the same point in the zodiac, in the same sign and therefore have a lot in common but they are trying to express themselves differently and can act like warring siblings before they realise that they are really on the same side and have a lot in common.

First they can show us their differences then once we spot those we can seek out ways that they can co-operate and blend their strengths. On a personal level, this is an opportunity to gain or take back personal control, to find positive assertion, a Divine masculine expression rather than an ego-driven, aggressive, competitive or power-driven one.

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On 29<sup>th</sup> the Sun makes niggly connections with the Nodes before Mercury passes over Venus. At the beginning of the month Mercury was at the back of the pack, with Venus, the Sun and Mars ahead before their grand reshuffling began. It has also now passed over Pluto and strides and scouts ahead in Aquarius with the others all now behind it, also in Aquarius. It will enter Pisces before it starts its next retrograde (26<sup>th</sup> February) in between the first two eclipses of the year.

It will continue to spark innovative thoughts and ideas, take our attention more towards to future and help us to think outside of the box. Pitfalls to be aware of, are that, with so much Aquarian energy, we can get stuck in our minds and in a train of thought, and whilst positively, it can give us the ability to view things non-emotionally, it does mean that we can find it difficult to tap into our feelings and trust them, as the mind will want to stay in control. However, these two are moving towards testing connections to Jupiter which is in very sensitive Cancer, see tomorrow's astrology.

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With Mercury having just passed over Venus, these two finish January by both making niggly connections to retrograde Jupiter on 30<sup>th</sup> and 31<sup>st</sup> respectively. Whilst Jupiter has remained in Cancer and just retrograded back a couple of degrees since these opposed earlier in the month, both Mercury and Venus have moved from Capricorn into Aquarius. In yesterday's astrology I mentioned how the current five planets in Aquarius will keep us in our minds and make it difficult to tap into or trust our emotions, however, Jupiter is in very sensitive Cancer that holds onto the past and especially old hurts. So we are likely to get a big tug between the past and the future, between our mind and logic and some deep old emotions that surface. Can we find a balance between the heart and the mind?

The key here is to release what we are holding onto and does not belong in our future. Family issues and especially concerned with the mother or mothering are likely to emerge for clearing.

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Dates and times based on GMT

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